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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-42)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION
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MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE
CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO
MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: Navy Medical Personnel Finish USMC Marathon
BUMED Washington (NSMN) -- Many military people test their
physical readiness with the challenge of a marathon. On, Sunday,
22 October, the U.S. Marine Corps held its 20th Marathon through
the hills and valleys of Arlington, VA, and Washington, DC.
Among the 16,000 participants were quite a few Navy runners.
The following local Navy Medical Department marathoners
proved their mettle by successfully completing this challenging
race:

CAPT Patricia Kenney, NC, BUPERS 211
CDR Jennifer Town, NC, MED OONCA
CDR Susan Herrold, NC, MED 02
LCDR John Saunders, MSC, MED 08
LT Gina Niziolek, MSC, MED 94
LT Chris Foster, MSC, MED 04
HM1(FMF) Thurman Byrd, MED 36
YNSA Emil Bilstein, MED 92

Congratulations to all on this significant achievement -- both those above and the many others whose names could be added to the list.

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HEADLINE: DVECC, Navy's Insect Experts

DVECC Jacksonville, FL (NSMN) -- Chasing bugs, collecting insects, allowing mosquitoes to feed on you is all in a day's work for the entomologists of DVECC, the Navy Disease Vector Ecology and Control Center in Jacksonville, FL. From the deserts of Somalia to tropical Haiti, these entomologists report to work just like the rest of us except their job description includes working with pests.

Imagine exploring the rain forests and jungles of Africa or South America in search of mosquitoes that feed on human blood or transmit malaria and dengue fever. Sounds pretty risky. Imagine mosquito repellents, bed netting, pesticides, collection jars, and microscopes replacing your computer, telephone, or calculator as tools of the trade. Most recently, the DVECC team traveled to the Bahamas and Panama. In Great Inagua, Bahamas, DVECC provided support to the U.S. Coast Guard by surveying for and identifying mosquitoes and making recommendations for their control. In Panama, DVECC conducted a disease vector surveillance, control, and pesticide safety program review at the naval station located there. DVECC also inspects and provides pest control closer to home, whether aboard ships, in the officers club, or anywhere else there may be pests.

Entomologists are unique people, but very motivated according to LCDR Rob Jacobs, MSC, a Navy Medical entomologist at DVECC. "There is, of course, a risk. You have to accept those kinds of risks to do your job -- it is part of the job. An entomologist must have a genuine interest or love for bugs." To be a Navy entomologist, you must have at least a Masters Degree in Entomology, but many Navy entomologists have PhDs.

"Being a Navy entomologist offers the opportunity to travel and assist Sailors and Marines deployed in exotic regions," said Jacobs.

Capable of rapid deployment anywhere in the world, DVECC is the place to call when you need pest control assistance. Following natural disasters such as Hurricane Hugo, Hurricane Andrew, and the Mid-West flood, DVECC assisted by preventing the potential spread of mosquito-borne disease through surveillance and control. In this busy hurricane season, DVECC is standing by ready to assist. You never know when someone might need help with mosquitoes, filth flies, rodents, snakes ...
Story by Ann Kirby, Bureau of Medicine and Surgery

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HEADLINE: TRICARE Can Mean A Break on Prescription Costs

OCHAMPUS Aurora, CO (NSMN) -- If you live in an area where the TRICARE managed-care program is in operation, you may find that TRICARE network pharmacies are worth your patronage for the cost savings they offer over non-network pharmacies. The TRICARE

Mail Service Pharmacy program offers even greater savings. Active duty members, who are not eligible to participate in the mail service program, can continue to receive their prescriptions at no cost from their local military pharmacy.

Under the TRICARE Prime HMO-type enrollment option, after you've enrolled, there's only a small co-payment (typically, from \$5 to \$9) for prescriptions from TRICARE participating pharmacies for a 30-day supply. Those who use a TRICARE Extra participating pharmacy will pay a 15 percent cost-share of the contracted fee (for active duty family members) or a 20 percent cost-share of the contracted fee (for all other eligibles) for prescriptions.

All CHAMPUS beneficiaries living in an area where the TRICARE managed-care program is in operation can use the mail service pharmacy program. Active duty family members will pay \$4 per prescription for up to a 90-day supply. All other eligibles will pay \$8 per prescription.

Regular or mail-order pharmacies that aren't part of one of the TRICARE networks may still be used, as always, under CHAMPUS/TRICARE Standard. After you've satisfied the annual outpatient deductible, your cost-share for prescription drugs from one of these pharmacies will be 20 percent of the allowable charge (for active duty family members) or 25 percent of the allowable charge (for all others).

Story by the Office of the Civilian Health and Medical Program of the Uniformed Services, with additional information by the Bureau of Medicine and Surgery

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HEADLINE: Know Your Military Health Care Benefits

BUPERS Washington (NSMN) -- Do you know what is available for you and your family members in the way of programs, services, and preventive care under the changing military health care system? Do you know what your health care benefit will cover once you retire? If you don't know the answers to these and other health care questions, you're not alone. Fortunately, there is more available for spouses, family members and retirees than many realize.

Recently, in an ongoing effort to get the word out, the Chief of Naval Personnel and the Surgeon General included an eight-page insert outlining key programs and services available to retirees and their families in the latest issue of the retirees' newsletter, "Shift Colors." This will help retirees know what is available now and what to expect in the future. The insert also details the new TRICARE program and explains new options for pharmacy services.

Realizing there's so much information in the supplement that is applicable to active-duty families -- as military health care customers today and retirees in the future -- the supplement has been made available on both the BUPERS homepage (www.navy.mil/homepages/bupers) and the BUMED homepage (<http://support1.med.navy.mil/bumed>) on the Internet. You will also find this important information in the winter issue of "Lifeline" newsletter, the spring Captain's Call Kit, and the January issue of "All Hands" magazine.

For additional help with information about health care benefits and/or recent changes to the TRICARE system, you may contact your health benefits advisor at your local medical facility or TRICARE office.

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HEADLINE: Dental Docs train for Shipboard Assignments

CINCLANTFLT Norfolk, VA (NSMN) -- For the fourth consecutive year, the U.S. Atlantic Fleet has held the operational forces management seminar for selected dental department heads planning to undergo a tour of duty at sea. This summer, 19 prospective dental department heads completed the latest seminar.

The result of a 1985 surgeon general's conference, which identified the need for medical department officers to receive additional familiarization and training prior to assignment with the surface warfare community, the seminar was developed and implemented by the Naval Health Science Education and Training Command in Bethesda, MD.

For three years, 1988-1990, the resultant course was provided through the Naval School of Health Sciences. In 1992, the seminars were moved to their present locations, in Norfolk and San Diego, hosted by the Atlantic and Pacific fleets.

The two-week course is offered annually on both coasts. The scope of the course includes type command briefs, shipboard organization and routine, shipboard administration, firefighting training, damage control, ship visits and interaction with panels composed of dental officers currently serving aboard or who have recently served aboard a vessel.

While serving more than 40 operational commands, the operational forces management seminar has assisted to further the administration, practical applications and general understanding of shipboard dental departments. The next seminar is scheduled for 29 April through 10 May 1996.

Story by LT S.M. Haselroth, MSC, Naval Dental Center Norfolk, VA

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HEADLINE: Naval Institute Holds Photo Contest

USNI Annapolis, MD (NSMN) -- The Naval Institute invites entries for its 34th Annual Naval and Maritime Photo Contest. Both amateur and professional photographers are welcome to compete for cash prizes of \$500, \$350 and \$250 to the top three entries and 15 honorable mention awards of \$100 each.

All photos submitted must pertain to a naval or maritime subject. The minimum acceptable print size is 5"x7"; transparencies must be in 35mm format. Entries can be black-and-white or color prints or color transparencies; all entries must include a caption and the photographer's name, telephone number, social security number, and address printed or typed on a separate sheet of paper. Entries will not be returned unless accompanied by a self-addressed, stamped envelop. There is no timeframe for the photos to have been taken, but the photos may not have been previously published and no more than five entries per person will be accepted.

Entries must be postmarked on or before 31 December and

mailed to: Naval and Maritime Photo Contest, U.S. Naval
Institute, 118 Maryland Ave., Annapolis, MD 21402-5035.
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HEADLINE: Secretary of Defense Declares DOD Red Ribbon Week
SECDEF Washington (NSMN) -- Secretary of Defense William J.
Perry recently released the following declaration on DOD Red
Ribbon Week:

"This year, President Clinton is the honorary Chairman of
the National Red Ribbon Campaign. The nationwide campaign is an
annual awareness, prevention and education program highlighting
America's unified and ongoing commitment toward the creation of a
drug free society.

"The Department of Defense is a strong supporter in the
Nation's fight against illegal drugs. In addition to the
assistance provided to law enforcement agencies, the Department
of Defense has developed very effective drug awareness programs
aimed at reducing the demand for illegal drugs.

"To reaffirm our commitment to a drug free society, I hereby
declare the week of Oct. 23 through 27, 1995, to be Department of
Defense Red Ribbon Week."

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HEADLINE: Observance of Native American Indian Heritage Month
CNO Washington (NSMN) -- "The month of November has been
declared Native American Indian Heritage Month by the President
and Congress," said Chief of Naval Operations ADM J.M. Boorda in
a recent NAVOP. "This observance is an expression of
appreciation and admiration of the significant contributions,
traditions, dedication and courage of Native American Indians."

Among those contributions, noted Boorda, were "concepts such
as freedom of speech, the separation of powers in government and
the balance of power within government" as well as principles
such as "their high regard for democracy, tolerance of individual
differences, (and) deep commitment to spiritual life."

Boorda noted that Native Americans are among "our most
decorated heroes, taking part in every major conflict beginning
with the American Revolution. Their courage and feats of bravery
are well documented by 71 Air Medals, 51 Silver Stars, 34
Distinguished Flying Crosses and two Medals of Honor earned
during World War II alone."

Boorda urged Navy personnel to participate in local
community programs and to support programs and exhibits at their
commands to recognize "the diverse, rich cultural heritage of
Native American Indians (which) is an important part of our
national treasure."

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HEADLINE: Great American Smokeout Focuses on Young People
AFIS Washington (NSMN) -- The 19th Great American Smokeout
is 16 November. The American Cancer Society is sponsoring "The
Great American Smoke Scream" on that day, and the event's
message, "You're Too Smart to Start," is intended to encourage
children not to start smoking and to correct the misperception

that most teens smoke.

Cancer Society officials said fifth to ninth graders across the country will scream out against smoking at 2 p.m., Eastern time. The event will mark the end of a week-long campaign against young people smoking.

According to the Cancer Society, more than 3,000 adolescents smoke their first cigarette every day. While the number of adult smokers dropped from 30 percent of the population to 25 percent over the past decade, teen-age smoking is increasing. Nineteen percent of high school teenagers smoked cigarettes daily in 1993, an increase from 17 percent in 1992.

The average age to start smoking is 13, according to a 1994 report by the U.S. surgeon general. Research shows a person who gets through the teen-age years without smoking will never smoke.

The DOD Dependents Schools System teaches students about the dangers of tobacco along with other drug education, said spokeswoman Marilyn Witcher. Often, the school nurse or a nurse from the military hospital or clinic gives a talk.

Although this year's event pays special attention to young people, the American Cancer Society is not giving up on older smokers, said spokeswoman Elizabeth Bridgers. This year, the society expects 10 million smokers to participate by quitting for a day.

U.S. military installations around the world participate in the smokeout. Last year, personnel at Fort Lewis, WA, held Run Your Butts Off, a five-kilometer run/walk complete with Mr. Butts from the "Doonesbury" comic strip. He pulled an oxygen tank across the finish line. In the San Diego area, Navy personnel trying to quit for the day had 123 "survival stations" to support them. The stations passed out 14,820 quit kits. People at McConnell Air Force Base, KS, took part in a Cold Turkey Trot fun run.

Year-round, military doctors in all specialties encourage their patients who smoke to quit, said Navy CAPT Bill Butler, MC, senior DOD policy analyst for health promotion. "We're not just asking the primary care docs to talk to their patients. For example, a dermatologist could point out smoking leads to premature wrinkling."

Butler said DOD is in a U.S. Public Health Service Program called "Put Prevention Into Practice," whereby physicians incorporate health promotion as part of their standard of care.

"Research shows people are more likely to quit smoking or using tobacco products if their physician encourages them to stop," said Butler. He also said the military is doing research to find more effective programs both to motivate people to quit and to help them do so.

Story by Evelyn D. Harris, American Forces Information Service

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HEADLINE: HEALTHWATCH: 'Communicate Before You Medicate'

NMC Portsmouth, VA (NSMN) -- Where do you direct your questions about your medicines? The answer should be your pharmacist. If not, you may be missing out on one of the most important aspects of your health care. Once your doctor or

health care provider diagnoses your condition and chooses the appropriate medication for your treatment, your pharmacist takes over to make sure you receive the maximum benefit from your prescription and non-prescription medicines.

At Naval Medical Center Portsmouth, the focus of this year's observation of National Pharmacy Week was knowing how to talk to your pharmacist when you pick up your medication. Using the theme, "Communicate Before You Medicate," the Pharmacy Department at NMC Portsmouth emphasized the need for communication between patients and health professionals when it comes to medication.

Why is communication so important? Thirty to 50 percent of all prescriptions written fail to produce desired results because they are used improperly. According to CDR Elizabeth Nolan, MSC, assistant head of the Pharmacy Department at NMC Portsmouth, "We can eliminate a lot of the adverse outcomes, but only if patients take the time to find out about their medications."

Nolan suggests patients ask the following questions when they receive their medication:

- What is the name of the medicine and what is it supposed to do?

- How and when do I take it, and for how long?

- What foods, drinks, other medicines or activities should I avoid while taking this medicine?

- Are there any side effects, and what do I do if they occur?

- Is there any written information available about this medicine?

In addition, patients need to let their pharmacist know of any information that could affect their medication's effectiveness, said LCDR Denise Graham, MSC, pharmacy clinical coordinator at NMC Portsmouth.

This information includes:

- Whether you are taking any other medications.

- Whether you are allergic to any medications.

- If you might be pregnant.

Medicine misuse can also occur when a patient takes a medication with foods or other drugs that are incompatible with his or her prescription. Non-prescription medicines, alcoholic beverages and tobacco can also cause dangerous interactions with other drugs.

"If you go to several different physicians and pharmacies, the potential for drug or drug-food interactions increases," Graham said. "If you do use multiple providers, make sure they know what other medications you are taking. Try to use just one pharmacy so that a complete profile can be kept to look for and prevent interactions."

Patients also need to ensure they are taking their medicines properly. Sharing prescription medicines with friends or family, changing the dose without consulting a doctor, or using outdated medications are all behaviors that will limit your medication's effectiveness, and may be harmful to you.

"Don't be afraid to ask the pharmacist questions if you are unsure about any aspect of your medication," said CDR Greg Hall, head of the Pharmacy Department at NMC Portsmouth. "We want our

patients to know that Navy pharmacists and technicians dispense information, not just medication."

Remember to "Communicate Before You Medicate" -- the more you know, the better you'll feel.

Story by NMC Portsmouth Public Affairs

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3. Following are important dates for November from the Bureau of Naval Personnel:

- 2 November: Active Rear Admiral Line Board Convenes
- 2 November: Reserve Rear Admiral Line Board Convenes
- 6 November: Reserve Major Command Screen Board Convenes
- 7 November: Career Recruiter Force Selection Board Convenes
- 7 November: Morning (0600-0800) and Night (until 2200)

Detailing (Washington, DC, time)

- 10 November: Marine Corps' 220th Birthday
- 13 November: Olmstead Scholar Selection Board Convenes
- 13 November: Federal Education Fellowship/Moreau Scholarship Selection Board Convenes
- 15 November: Special Selection Board Convenes
- 20 November: CANVASSER Recruiter Selection Board Convenes
- 21 November: Morning (0600-0800) and Night (until 2200)

Detailing (Washington, DC, time)

- 27 November: Command Master Chief Selection Board Convenes
- 27 November: Active O-5 Line Selective Early Retirement Board Convenes
- 29 November: Active O-5 Nurse Corps Selective Early Retirement Board Convenes
- 29 November: Senior Enlisted Academy Selection Board Convenes
- 30 November: Active O-4 LDO Line Selective Early Retirement Board Convenes
- 30 November: O-1 Fitness Reports Due
- 30 November: E-6 Evaluation Reports Due
- 30 November: Mid-term Evaluation Counseling for O-2

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4. The following professional meeting was recently announced:

HEADLINE: Military Medicine Meeting Looks at Conflict Aftermath
USUHS Bethesda, MD (NSMN) -- The 10th Conference on Military Medicine, sponsored by the Uniformed Services University of the Health Sciences in conjunction with the Henry M. Jackson Foundation for the Advancement of Military Medicine, will be held 6-8 November 1995 at the USUHS campus in Bethesda, MD. This year's conference theme is "In the Aftermath of Conflict."

The toll of conflict does not end at the completion of battle. Combat may leave individuals with chronic illness or disability. Exposure and fear of exposure to infectious and toxic agents may have immediate and delayed effects. Rapid treatment and evacuation may limit mortality and morbidity. Responses to political turmoil around the world have resulted in exposure to extreme local sanitary and health conditions among native populations and radically different systems of values. Efforts at providing humanitarian relief to refugees have

challenged the health care system in deployed units and in CONUS treatment settings. The aftermath of conflict impacts on the provision of medical, surgical, and psychiatric care of individuals and populations.

Presentations will be made by policy makers, clinicians, administrators and researchers who directly or indirectly face these challenges on a routine basis.

CME credit, as well as nursing contact hours, will be granted for attendance at this conference.

Registration information may be obtained by calling Melissa Harris or Diane Pugh, USUHS Office of Continuing Health Professional Education, at DSN 295-3106 or (301) 295-3106. You may also register on-line through the World Wide Web. The web page address is:

<http://www.usuhs.mil/che/chereg.txt>

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223, DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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